



POOL SCHEDULE
Lakeland Hills Family YMCA
Spring 2 Schedule
April 1, 2024 - April 21, 2024

MONDAY		
5:00am - 9:30am	Adult Lane	6 Lanes
9:30am - 11:30am	Lessons & Childcare	3 Lanes
9:30am - 12:00pm	Lane Swim	3 Lanes
12:00pm - 2:00pm	Adult Lane	6 Lanes
2:00pm - 4:00pm	Lane Swim	4-6 Lanes
3:00pm - 3:45pm	Open Swim	2 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:00pm - 8:00pm	Adult Lane	2-6 Lanes
8:00pm - 9:45pm	Lane Swim	4 Lanes
8:00pm - 9:30pm	Open Swim	2 Lanes
9:45 PM	POOL CLOSSES	
TUESDAY		
5:00am - 9:30am	Adult Lane	6 Lanes
9:30am - 11:30am	Lessons & Childcare	3 lanes
9:30am - 1:00pm	Lane Swim	4-6 Lanes
11:45am - 12:45pm	Open Swim	2 Lanes
1:00pm - 2:00pm	Adult Lane	3 Lanes
1:00pm - 2:00pm	Arthritis Class	3 Lanes
2:00pm - 4:00pm	Lane Swim	6 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 8:30pm	Adult Lane	2-6 Lanes
8:30pm - 9:30pm	Adult Swim Lesson	2-3 Lanes
8:30pm - 9:45pm	Lane Swim	3-4 Lanes
9:45 PM	POOL CLOSSES	
WEDNESDAY		
5:00am - 9:30am	Adult Lane	6 Lanes
9:30am - 11:30am	Lessons & Childcare	3 Lanes
9:30am - 12:00pm	Lane Swim	3 Lanes
12:00pm - 2:00pm	Adult Lane	6 Lanes
2:00pm - 4:00pm	Lane Swim	4-6 Lanes
3:00pm - 3:45pm	Open Swim	2 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:00pm - 8:30pm	Adult Lane	2-6 Lanes
8:30pm - 9:45pm	Lane Swim	2-3 Lanes
8:30pm - 9:45pm	Masters Swim	3-4 Lanes
9:45 PM	POOL CLOSSES	

THURSDAY		
5:00am - 9:30am	Adult Lane	6 Lanes
9:30am - 12:00pm	Lane Swim	4 Lanes
11:00am - 12:00pm	YMCA Swim Lessons	2 Lanes
12:00pm - 12:50pm	Adult Lane	6 Lanes
1:00pm - 2:00pm	Adult Swim Lesson	3 Lanes
1:00pm - 2:00pm	Arthristis Class	3 Lanes
2:00pm - 4:00pm	Adult Lane	6 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 8:30pm	Adult Lane	3-6 Lanes
8:30pm - 9:30pm	Adult Swim Lesson	2-3 Lanes
8:30pm - 9:45pm	Lane Swim	3-4 Lanes
9:45 PM	POOL CLOSSES	
FRIDAY		
5:00am - 2:00pm	Adult Lane	3-6 Lanes
10:30am - 11:30am	Special Services	3 Lanes
11:30am - 12:30pm	Open Swim	2 Lanes
2:00pm - 4:00pm	Lane Swim	6 Lanes
* 4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 8:30pm	Adult Lane	6 Lanes
8:30pm - 9:45pm	Lane Swim	6 Lanes
9:45 PM	POOL CLOSSES	
SATURDAY		
7:00am - 11:30am	Adult Lane	6 Lanes
11:30am - 4:00pm	YMCA Swim Lessons	6 Lanes
* 4:00pm - 5:45pm	Lane Swim	4 Lanes
4:15pm - 5:45pm	Open Swim	2 Lanes
5:45 PM	POOL CLOSSES	
SUNDAY		
7:00am - 8:30am	Masters Swim	4 Lanes
7:00am - 1:00pm	Adult Lane	2-6 Lanes
* 1:00pm - 3:30pm	Lane Swim	3-6 Lanes
1:30pm - 2:30pm	Birthday Party (TBD)	3 Lanes
* 3:30pm - 5:45pm	Lane Swim	4 Lanes
3:30pm - 5:45pm	Open Swim	2 Lanes
5:45 PM	POOL CLOSSES	

SCHEDULE SUBJECT TO CHANGE

* Lifeguard Certification Course Various Friday-Sunday.
Please join our Weekend Warrior email list for weekend lane swim updates. See back Page.



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL INFORMATION

Please Refer to the Pool Rules in the Aquatics Center

Proper Swim Attire: All swimmers must wear a lined swimsuit at all times. Please see attached swim attire guidelines. Contact Aquatics management with any questions.

Supervision: All children 11 and under, must be accompanied by an adult, age 18 and over, AT ALL TIMES.

Lane Swim: Open to all full-privileged members and guests 12 years of age and older. Lanes are designated for speed. A list of swim etiquette is posted in the Aquatics Center.

Lane Swim: Ages 12 and older

Adult Lane: 17 years and Older

Open Swim: Open to all full-privileges members and guests. No lap swimming is allowed, and no inflatable devices are allowed in the water. Bubbles are available on the pool deck (used at the lifeguards discretion).

Ages 6 years and Younger: Must be within arm's reach of an adult member (18 years and older). The adult member must physically be in the pool.

Ages 7-11 Years (Who do not use a bubble): Must be supervised by an adult member (18 years and older) from the water or the balcony.

Deep End Test: Individuals who want to swim in the deep end of the pool must pass the deep water test. Please see the Lifeguard if you want to do the test.

Birthday Pool Parties: Birthday parties will run on Sundays from 1:30pm-3:30pm, schedule TBD by request. If interested, please ask Aquatics Management.

POOL REGULATIONS (Lifeguard Has Final Say in the Pool Area)

- * All swimmers must take a shower prior to swimming - this will be enforced by Lifeguards
- * Everyone with hair, shoulder length or longer, must wear a bathing cap or have their hair securely tied up
- * Individuals wishing to use the deep end need to pass a swim test
- * Children may jump in only from between the two designated cones on the pool deck
- * No kickboards are allowed in the open swim area
- * Children wearing bubbles, must remain in the shallow end of the pool within arms reach of an adult member
- * Lifeguard has final word for maintaining pool safety
- * Coaching from the pool deck is not permitted, unless previously approved by the Aquatics Director

Updates and inclement weather closings are posted on our website, Facebook, or Instagram pages.

Please feel free to contact us at Aquatics@lhymca.com with any questions

Please scan this QR code in order to be added to our weekend lane swim email list. This weekend lane swim email list will give you access to real time updates on our pool schedule.

